

Southern Rice and Beans

Makes: 6 Servings

Dry kidney beans and rice are the main ingredients in this dish that some call 'red beans and rice'. Whatever it's called, it's always delicious.

Ingredients

- 1 cup** Light red kidney beans (cooked)
- 1 tablespoon** vegetable oil
- 1** large onion (chopped)
- 1 cup** medium green pepper (about 1 cup, chopped)
- 1 cup** rice (uncooked)
- 2 cups** water
- 1 3/4 cups** fresh tomatoes (chopped)
- 1 can** corn (drained, about 15 ounces)
- 1 cup** of salsa (about half a jar)

Directions

1. In a large saucepan, cook onion and green pepper in oil for 5 minutes over medium heat.
2. Add rice and stir until browned, about 5 minutes.
3. Add water, tomatoes, corn, and salsa. Bring to a boil.
4. Cover and reduce heat to low. Cook for 20 minutes.
5. Stir in beans and heat for 5 minutes.

Recipe provided by Commodity Supplemental Food Program Cookbook

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	256	
Total Fat	3.4 g	
Protein	8 g	
Carbohydrates	51 g	
Dietary Fiber	6.5 g	
Saturated Fat	0.5 g	
Sodium	473 mg	